



FIRST PERSON

Improving the Nutritional Well-Being of Women and Families

RADP-S Nutrition Training empower women to improve their family's health in southern Afghanistan



Photo Credit: RADP-S/USAID

Fatima prepares a nutritious meal for her family with more vegetables and less oils.

“From the nutrition training I learned to have a proper balance of healthy food items and now understand the factors of a balanced diet.”

- Fatima, a housewife from Qalat, Zabul.

Fatima, a housewife from Zabul who didn't have the knowledge of proper diet or nutrition. She participated in a nutrition training provided by USAID-funded Regional Agricultural Development Program-South.

RADP-S, working closely with the Departments of Women's Affairs and community shuras, launched a nutrition training program to educate women on healthy eating and preventing malnutrition. Trainings implemented throughout Kandahar, Helmand, Zabul, and Uruzgan provinces. These trainings have taught 1,589 women the benefits of incorporating fruits and vegetables into their regular diet and how to safely prepare meals balanced in carbohydrates, protein, fats, vitamins, and minerals.

“From the nutrition training I learned to have a proper balance of healthy food items and now understand the factors of a balanced diet,” said Fatima, a housewife from Zabul Province..

Fatima has added more variety to her cooking and now makes sure that meals include a mix of fruits, vegetables, healthy carbohydrates, protein sources, and dairy. She has already seen an improvement in her children's energy and is hoping to share her new knowledge.

PHOTO: Fatima prepares a nutritious meal for her family with more vegetables and less oils.